

Ilmaha yar logu Talogaley

Cuntada Ilmaha yar

- Sumada, nooca iyo cabirka waxaa lagu qori doonaa jeega WIC



Siriyalka Ilmaha yar

- Oo khaas ah, qalalan oo kaliya (8 ama 16 wiiqiyadood)



Beech-Nut

- Heed
- Badar isku wada jira
- Mushaari
- Bariis



Gerber

- Heed
- Isku jir
- Mushaari
- Bariis
- Qamadi Isku wada jira



Nature's Goodness

- Isku jir
- Mushaari
- Bariis

Khudaarta Miraha ah ee Ilmaha yar

- Kaliya Tufaax oo la cajimey, Abrikot, Moos, Fursid iyo Canbaruud (4 wiiqiyadood dhalo ah)
- Nooc kasta oo la heli karo
- **Maya** miraha isku dhafan



Beech-Nut



Gerber



Hy-Vee



Nature's Goodness

Khudaarta Cagaaran ee ilmaha yar

- Kaliya kaarooto, Digirta Cagaaran, Atarka, boocorka iyo Baradho macaan (4 wiiqiyadood dhalo ah)
- Nooc kasta oo la heli karo
- **Maya** khudaarta cagaaran ee isku dhafan



Beech-Nut



Gerber



Hy-Vee



Nature's Goodness

Raashinka ilmaha yare **een** la ogoleyn: Dabiic ah, baakooyin Isku jir ah, iyo DH/ARA.

Ilmaha yar ee La Naasnuujiyo oo Kaliya

Hilibka ilmaha yar

- Kaliya hilibka lo'da, Digaaga, khansirka, Turkiga iyo Hilibka lo'da ee dheylada ah (2.5 wiiqiyadood dhalo ah)
- Wixii kasta oo fudud, ee leh fuuq ama sanuunad



Beech-Nut



Gerber



Nature's Goodness

Haweenka Joogtada U Naasnuujinaya

Maleyga Daasadaha ku jira



- Tuunaha Khafif ah, biyo leh ee baakada ku jira (5 ama 6 wiiqiyadood) Waslad weyn, Cufan
- Maleyga Salmonka ee Basalig ah (5,6 ama 7,5 wiiqiyadood) Kaliya ka baakooyinka ee Biyaha leh
- Maleyga nooca Saradinka (3,75 wiiqiyadood) ee ku jira baakooyinka ee Biyaha leh and Salida geedka soya

Missouri Department of Health and Senior Services WIC and Nutrition Services

P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6204

www.dhss.mo.gov/WIC

(DHSS) waa fursad loo wada siman yahay/haq biyo waaftaan shariiga Gargaarada la biyaa kuma saayina wax midabkaor.

Waqadani dalaabada ah waaad ku heli kartaa siyaabooyin kale sida kuwa loogo tala galay qofka curyanka ahi waa inuu la xariira Wasaaradda Caafimaadka iyo Adeegyadda Dadka waaweyn ee Missouri Dadka Magaca iyo Hadalka ka la xadi la telefoonkooda waa 1-800-735-2966. Codka 1-800-735-2466.

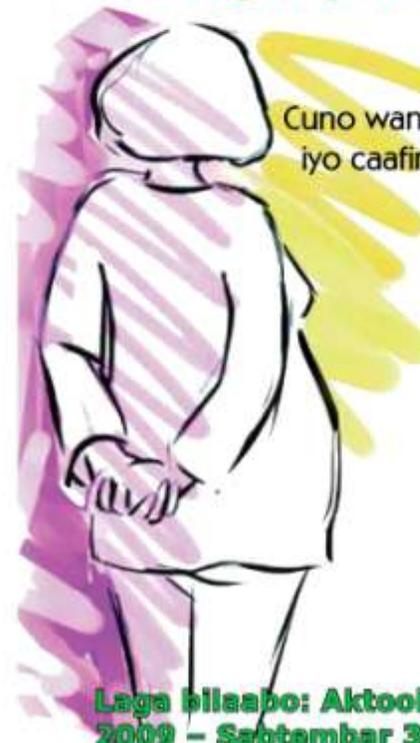
Marka loo eego shariiga Dawlada dhexe iyo shuruuda Wasaarada Baaraha, Qawaamintani waxay madaxweynaha midab takoor ku saayisaan jiriyay, midab, asalii hore ee qof, dhexd iyo lab, da'da ama la'aad dero. Si aad u xareysa cabaato ku saaysan takoor, u soo qor: USDA, Agarsamaha, Kafinka Xukunka iyo Adeegyadda, 1400 Independence Avenue, SW, Washington, DC 20250-9410 ama soo wac (800) 795-3272 (codka) ama (202) 720-6362 (telefoonka dadka magaca iyo hadalka ka dibani) (TTY). USDA waa fursad loo wada siman yahay iyo haq biyo.

WIC-640 Somali (09-09)

Missouri WIC

Barnaamijka Nafaqada Gaarka ah ee lowgu talogaley Haweenka, ilmaha yar iyo Caruurta

Liiska Raashinka La ogol yahay



Cuno wanaagsan iyo caafimaad waara



Laga bilaabo: **Aktoobar 1, 2009** – Sebtembar 30, 2011

Lowgu talogaley Haweenka iyo Caruurta

Caano



La ogol yahay

- Nooc kasta
- Caanaha dufanka yarfee iyareeyay (ka hoobin labenta, ½%, 1%, 2%)
- Caana oo dhan (Haddii ay ku daabacan tahay warqada WIC)
- Weel yar oo caag ah oo cabirkiisu yahay sida ku daabacan jeega WIC
- Caanaha loo badalay oir ahaan (rubuc)
- Caanaha uumi baxay, nooca bakhaarka oo kaliya (12 wiiqiyadood kuwa daasada)
- Aan dufan lahayn, caano qalalan, (3 ama 8 rubuc kartoona)

Aan la ogoleyn

- Caano la buuxiyay
- Caano wax lagu laaqay
- Caano saafiya
- U dhigma
- Caanaha la adkeeyey ee lamacaaneeyay

Caanaha Khaaska ah

- Nooca iyo intuu le'eg yahayba waxaa lagu daabaci doonaa jeega WIC

Farmaajo



La ogolyahay

- Nooca dukaanka lagu gado oo kaliya, dabiici, wadani, American, Cheddar (aad u fiqan, fiqan, Dhexdhexaad ama khafiif ah), Colby, Colby Jack, Monterey Jack, Mozzarella foormaajada qeyb ahaan subaga laga saarey ama uu ku jiro (8 ama 16 wiiqiyadood)
- Nooca dukaanka formaajada American loo yaqaan oo jeejjeexan oo kaliya

Aan la ogoleyn

- Lagu daro subaga
- Farmaajada laalada
- Farmaajada Defi
- Farmaajada la xoqo
- Raashinka farmaajada leh
- Farmaajada loo yeelo dha-dhanka
- Farmaajada wax la marsado
- Farmaajada la shiiday
- Noocyada leh farmaajada
- Dabiici
- Farmaajada laga yarareeyay kiimikada ka kooban beruurta ku jirta
- Jeexyada laba laduubo
- Ku yar yahay subagu/Foormaajaa subag lahayn

Ukun

La ogol yahay

- Balaadhan, cad, heer A ama AA (1 darsan oo isku xiran)

Aan la ogoleyn

- Ukuunta uu ku yar yahay subagu
- Ukuunta saafiya ah
- Ukuunta khaaska ah
- Ukuunta ciida u eeg



Digirta Qaleyilka ah iyo Atarka

La ogol yahay

- Kala duduwan aanse lagu darin waxyaabo kale, digirta qalalsan ee shinkeeda dhameysatay, atarka ama misirta (16 wiiqiyadood baakadiiba)
- Nooca dukaanka oo kaliya

Aan la ogoleyn

- Cuntooyinka u baxay sida dabiiciga ah
- Waxyaabaha lagu daro ama damcada u yeela



Lowsk Subagiisa



La ogol yahay

- Jilicsan, burcad ama caadi ah, nooca istoodhka oo kaliya (18 dhalada wiiqiyad)

Aan la ogoleyn

- Looska subaga leh/looska lee la ruugo
- Looska Subagiisu ku yar yahay
- Looska subaga leh ee ay ku yar tahay cusbuu ama sodhiyamku
- Looska subaga saafiya ah laga sameeyey
- Kan lala mariyo ismariska, malabka ama waxyaabaha macaan

Digirta Daasadaha

- Bush's Best nooca loo yaqaan (16 wiiqiyadood daasadiiba) kaliya
- Salbuuko, Digirta waaweyn, Faasuuliyey, Digirta Cas



Qamadiga Isku wada jira/Badar Isku wada jira Rootida laga sameeyey



Wonder
100% Rootida jilcdasan ee laga sameeyey qamadiga isku wada jira (16 wiiqiyadood)



Healthy Life
100% Qamadi Isku wada jira/Rootida laga sameeyey badarka isku wada jira (16 wiiqiyadood)



Bunny
100% Rooti laga sameeyey Qamadi isku wada jira (16 wiiqiyadood)



Best Choice
100% Rooti laga sameeyey Qamadi isku wada jira (16 wiiqiyadood)

Toortilada laga sameeyey Qamadi Iskuwada jira



Best Choice
100% Qamadi isku wada jira (16 wiiqiyadood)



Chi-Chi's
Qamadi isku wada jira oo laga sameeyey (fajitastyle) (16 wiiqiyadood)



Hy-Vee
Qamadi isku wada jira (16 wiiqiyadood)



Best Choice
Toortilo laga sameeyey xasii (16 wiiqiyadood)

Bariiska Cowlan

- Badar isku wada jira oon hore loo soo diyaarin
- 16 ama 32 wiiqiyadood nooca dukaanka lagu gado oo kaliya ee ku jirta baakooyinka
- **Maya** bariiska hore loo soo diyaariyey



Tofu (waa la ansixiyey hadii ay buuxiso shuruudaha)

- **Mori-Nu nooca loo yaqaan:** Silken Tofu nooca Jilcdasan (12 wiiqiyadood) Silken Tofu oo Adag (12.3 wiiqiyadood) Silken Tofu oo bad u Adag (12.3 wiiqiyadood) Silken Lite Tofu oo Adag (12.3 wiiqiyadood) Silken Tofu ee Dabiiciga ah
- **Nooca la yidhaa Azumaya:** Tofu Adeyga ah (14 wiiqiyadood)
- **Nooca loo yaqaan NaSoya:** Tofu Adag-Dabiiciga ah (14 wiiqiyadood) Silken Tofu-Dabiiciga ah (16 wiiqiyadood)



Caanaha Soyga

(waa la ansixiyey hadii ay buuxiso shuruudaha)

- Nooca loo yaqaan (8th Continental Original Plain) oon wax kale lagu darin
- Galaanka nuski oo kaliya
- **Maya** kuwa dhadhanka loo yeelay



Cabitanka

Caruurta Iowgu Talogaley



Diyaarka ah 64 wiqiyadood



Always Save
Tufaax



Great Value
Cinab
Lin macaan Nooca loo yaqaan (Country Style)
Lin macaan
Lin macaan lagu darey maadanta kaasiyanta
Cinabka cad



Schnucks
Tufaax
Cinab
Tamaadho
Khudaar



American Fare
Tufaax
Cinab
Khudaar



Hy-Top
Tufaax
Cinab
Lin macaan
Tamaadho
Khudaar



Shop N Save
Tufaax
Cinab
Cinabka cad
Banbeelmada Cad



Bay Mist
Cinab



Hy-Vee
Tamaadho
Khudaar



Shurfine
Cinab
Banbeelmo
Lin macaan



Best Choice
Tufaax
Cinab
Tamaadho
Khudaar
Cinabka cad



IGA
Tufaax
Cinab



Tipton Grove
Tufaax



Dierbergs
Tufaax



Kroger
Tufaax
Cinab
Banbeelmo
Cananis
Cinabka cad



Value Time
Cinab



Flavorite
Tufaax
Cinab
Cinabka cad
Banbeelmada Cad

Cabitaanka

Iowgu Talogaley Haweenka oo Kaliya



Cabitaanada la qaso ee la barafeeyey
12 wiqiyadood



Always Save
Tufaax
Lin macaan



Flavorite
Tufaax
Banbeelmo
Lin macaan lagu saarey xabuubka
Lin macaan lagu darey maadanta kaasiyanta
Lin macaan Nooca loo yaqaan (Country Style)



Midwest Country
Fare
Lin macaan



Best Choice
Tufaax
Cinab
Lin macaan
Cabtaanka linta oo aan lahayn xabuubka
Cabtaanka linta oo ay ku jiro maadanka kaasiyanta
Cabtaanka linta oo ay ku jiro xabuub dheeraad ah



Hy-Top
Tufaax
Lin macaan



Shop N Save
Tufaax
Lin macaan
Lin macaan lagu darey maadanta kaasiyanta



Crisp
Lin macaan



Hy-Vee
Tufaax
Lin macaan
Lin macaan lagu darey maadanta kaasiyanta



Shurfine
Tufaax
Lin macaan
Cabtaanka linta oo aan lahayn xabuubka
Cabtaanka linta oo ay ku jiro maadanka kaasiyanta
Cabtaanka linta oo ay ku jiro xabuubkeeda



Dierbergs
Lin macaan
Lin macaan lagu darey maadanta kaasiyanta



IGA
Tufaax
Lin macaan



Value Time
Lin macaan



Great Value
Tufaax
Cinab
Banbeelmo
Lin macaan
Lin macaan lagu darey maadanta kaasiyanta



Kroger
Tufaax
Tufaax ay ku jiro maadanta kaasiyanta
Cinab
Banbeelmo
Lin macaan
Lin macaan lagu darey maadanta kaasiyanta
Lin macaan leh Xabuub
Lin macaan lagu saarey xabuubka
Cananis

Diyaarka ah ee daasadaha ku jira 46 wiqiyadood



Always Save
Tufaax
Lin macaan
Cinabka Basaliga ah
Tamaadho
Khudaar



Great Value
Tufaax
Cananis
Banbeelmada basaliga ah
Tamaadho
Khudaar
Banbeelmada Cad



Schnucks
Banbeelmo
Lin macaan
Cananis
Tamaadho
Khudaar



Best Choice
Tufaax
Cinab
Banbeelmo
Lin macaan
Cananis
Banbeelmada basaliga ah
Tamaadho



Hy-Top
Tufaax
Banbeelmo
Lin macaan
Banbeelmada basaliga ah
Tamaadho
Khudaar



Shop N Save
Lin macaan
Cananis
Tamaadho



Diane's Garden
Tamaadho



IGA
Cananis
Tamaadho
Khudaar



Shurfine
Tufaax
Lin macaan
Cananis
Banbeelmada basaliga ah
Tamaadho
Khudaar
Banbeelmada Cad



Dierbergs
Tamaadho



Kroger
Tufaax
Banbeelmo
Lin macaan
Cananis
Banbeelmada basaliga ah
Tamaadho
Khudaar



Value Time
Tamaadho



Flavorite
Lin macaan
Cananis
Tamaadho
Khudaar
Banbeelmada Cad

Waa la ogolyahay cabitaanka Linta ee ku jirta caagadaha kana kooban 64 Wiqiyadood.

- Any store brands listed above.
- Refrigerated or non-refrigerated.

Siriyalka Qabow



Always Save



Best Choice



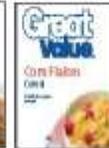
Dierbergs



Flavorite



Great Value



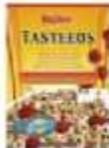
Hy-Top



Hy-Vee



IGA



Kroger



Ralston Foods



Schnucks



Shop N Save



Shurfine



Valu Time



Siriyalka Kulul

Best Choice



Cream of Wheat



Flavorite



Hy-Vee



IGA



Malt-O-Meal



Quaker Oats



Ralston



Schnucks



ShopN Save



Shurfine



Shurfine



Shurfine



Iskudar iyo noocyo isku dhigma iyo qiyaas, ay kamid tahay qamadiga qabow ee lagu quraacdo, ugu badnaan 36 wiiqyadood. Siriyalka qabow: 12 wiiqyadood ilaa iyo 36 cabirka wiiqyadood oo ku jira bac ama gartoon oo nooca la soo ogalaaday. Bader isku wada jira